

What is claimed is:

1. Swimming goggles comprising:
  - a left frame and a right frame connected together by a nose support, the left and the right frames respectively having an outer surface and an inner surface, receiving passages being defined between the outer surfaces and inner surfaces of the left and the right frames for accommodating eyeglasses, engaging blocks being respectively formed on outward sides of the left frame and the right frame, each engaging block forming a receiving hole and a tongue thereof;
  - at least an adjusting apparatus assembled to the engaging blocks, and each adjusting apparatus including:
    - a base having a first base wall, and a second base wall and a third base wall substantially perpendicularly depending from opposite edges of the first base wall, a first assembling post is formed on an inner of the first base wall and adjacent to an edge thereof for engaging with the receiving hole and defining fastener holes therein, an axis hole being defined through the second base wall and the third base wall,
    - a fixing axis pivotably received in the axis hole, and forming a pressure arm substantially on a side thereof for pressure the tongue of the engaging block and a stop arm on the other side thereof, and
    - a cover assembled with the base for enveloping the engaging block, and having a first cover wall, and a second cover wall and a third cover wall substantially perpendicularly depending from opposite edges of the first cover wall, the first cover wall forming a resilient button thereon for pressing the pressure arm and a second assembling post is formed on an inner of the first cover wall and adjacent to an edge thereof for engaging with the receiving hole from on the other side;
  - and
  - head strap movably received in the fastener holes of the bases, and defining a plurality of stop slots for engaging with the stop arms; after assembled, the pressure arm abutted the tongue and makes the stop

arms engaging with the stopping slots of the head strap such that the head strap are allowed to move in a single direction, when the resilient button is pressed the stop arms disengage from the stopping slots of the head strap such that the head strap are allowed to move in both directions when the operating buttons are pressed.

2. The swimming goggles as claimed in claim 1, wherein the left frame and the right frame respectively form engaging surfaces on outward sides thereof, the engaging blocks unitarily and outwardly extending from parts of the engaging surfaces, and wherein the engaging blocks are solid.
3. The swimming goggles as claimed in claim 2, wherein the engaging blocks further define L-shaped grooves at corners adjacent to the engaging surfaces.
4. The swimming goggles as claimed in claim 3, wherein the receiving hole disposed through a center of the engaging block.
5. The swimming goggles as claimed in claim 4, wherein the tongue disposed on the lower portion of the engaging block.
6. The swimming goggles as claimed in claim 1, wherein the second base wall and the third base wall respectively define at least a groove in inward sides thereof, and wherein the second cover wall and the third cover wall respectively form at least a latch at inward sides thereof for latching with the grooves.
7. The swimming goggles as claimed in claim 1, wherein the pressure arm has an arcuate side for pressure the tongue, and a flat side for abutting the resilient button.
8. The swimming goggles as claimed in claim 1, wherein each stop arm has an inclined end for abutting the stop slot of the head strap.

9. The swimming goggles as claimed in claim 3, further comprising L-shaped locking ribs are formed respectively on the bases and the covers and are corresponding to the L-shaped grooves for further retaining the bases and the covers together.
10. The swimming goggles as claimed in claim 1, wherein the resilient buttons project integrally and outwardly from the first cover walls of the covers.
11. The swimming goggles as claimed in claim 10, wherein a plurality of inclined projections is formed on outward surfaces of the resilient buttons for enhancing friction.
12. The swimming goggles as claimed in claim 1, wherein the nose support is integrated with the left frame and the right frame.
13. The swimming goggles as claimed in claim 1, wherein soft pads are unitarily formed with the inner surfaces of the left frame and the right frame.
14. The swimming goggles as claimed in claim 1, wherein the pressure arm is further assembled with pressing the tongue of the engaging block to move it downwardly and has reserved energy therein.